



South Central District Health

1020 Washington St N * Twin Falls ID 83301

Keeping your family & community healthy

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PRESS RELEASE – For Immediate Release

Contact: Tami Pearson, Health Education Specialist, 737-5945

District Health Offers Free Tobacco Cessation Classes

South Central District Health, along with Shoshone Family Medical Clinic, will offer the American Cancer Society's "Fresh Start" program designed to help adults quit using tobacco. Two free class sessions, being offered for the convenience of participants, are available. The first six-week class will begin on Tuesday, April 11, at 12:30 p.m. and continue every Tuesday until May 16. The second class will begin on Wednesday, April 12, at 5:30 p.m. and continue every Wednesday until May 17. Both classes will be held at the Shoshone Family Medical Center, located at 113 S. Apple St. in Shoshone. Participants may register by calling Tami Pearson, South Central District Health Tobacco Program Coordinator, at 737-5945 or Dr. Davis' office, Shoshone Family Medical Center, at 886-2224.

The "Fresh Start" program is specifically designed for those who are tired of their tobacco addiction. It builds skills and knowledge to help reduce and eventually end tobacco use. Participants will learn skills to communicate better, handle stress, make decisions, set goals, eat a healthy diet, and exercise.

Smoking is the single most preventable cause of death in the United States. More than 430,000 people die every year in United States from using tobacco products. Space is limited in the free class so participants are urged to register early.

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